

Chuy's

Appetizers

	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Guacamole	840	8	1340	85	18	12

Salads (dressing not included)

Grilled Chicken Salad	470	4	420	16	5	48
Large Dinner Salad	50	0	50	11	4	3

**Salad dressing selections exceed sodium and saturated fat guidelines. We suggest a flavorful sauce – see below*

Soup (cup)

Tortilla Soup	280	3	1050	19	6	22
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Tex-Mex Salad Combination (1 each entrée with dinner salad-dressing not included)

Beef Enchilada	290	9	1180	15	3	17
Chicken Enchilada	290	11	820	12	2	19
Chicken Tortilla Soup (Bowl)	560	6	2100	37	11	44

Tacos – Rice and beans not included

	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Guacamole Soft Taco	530	10	1250	51	10	14
Chicken Soft Tacos	590	10	1720	42	5	42
Chicken Tacos Al Carbon	680	11	1310	42	5	43
Baja Fish Taco	850	9	1920	63	2	28
Baja Shrimp Taco	600	6	1890	52	1	17

Enchilada-Rice, beans and sauce not included

Veggie	430	14	1210	35	7	19
Southwestern	740	14	1670	64	7	49

Beans & Rice

Green Chile Rice (5 oz)	140	0.5	390	26	1	3
Charro Beans (5 oz)	160	0	980	29	9	9

Sauces -3 oz portion

Pico De Gallo	15	0	160	4	1	1
Ranchero Sauce	50	0	340	7	2	1
Table Sauce	10	0	320	2	0	0
Tomatillo Sauce	10	0	320	2	0	0